

Hiking Trails in Tennessee

Rugby, Burnt Mill, Honey Creek Areas

National Park Service
U.S. Department of the Interior

Big South Fork National River and
Recreation Area
Oneida, TN



The Clear Fork River
near the Gentleman's Swimming Hole



The Big South Fork River
from the Honey Creek Overlook

Cutting deeply into the Cumberland Plateau, the Clear Fork and New Rivers come together at the Confluence to form the Big South Fork of the Cumberland River. Their main channels descend approximately eleven feet per mile. The swiftness of free-flowing water through the boulder-filled river beds have created a paddler's paradise. Although the rugged terrain limits access, there are several popular hiking trails in the south end of the Big South Fork National River and Recreation Area.

Rugby

Gentlemens Swimming Hole

Thomas Huges, author of *Tom Brown's School Days* and a renowned social reformer from England, established the experimental community of Rugby in 1880. One result of his progressive thinking was his creation of public park land along the Clear Fork River for the residents of Rugby to enjoy. Several trails were developed leading to the river.

The **moderate 0.4 mile** hike to the Gentlemens Swimming Hole passes a small waterfall in the creek and Witches' Cave as the trail descends to the river.

Meeting of the Waters

The Meeting of the Waters, where White Oak Creek joins the Clear Fork River, is 0.7 mile farther down the trail. The

beautiful walk between the high bluffs and the river leads to a low rock ledge and a great place to sit and enjoy the sights and sounds of the creek. However, this ledge may be under water after a heavy rain. The **moderate/strenuous 2.1 mile loop** to the trailhead can be completed by climbing to the ridgetop and following the old roadbed.

From Oneida, TN take U.S. 27 south to Elgin. Turn right on Tenn. 52 and drive 7 miles to Rugby. Across from the commissary, turn right and drive to the Laurel Dale Cemetery. The trailhead and parking is on the left of the circular drive.

From Jamestown, TN and U.S. 127, take Tenn. 52 east to Rugby.

Burnt Mill

Burnt Mill Bridge is a primary access to the Clear Fork River where rafters and paddlers often begin their trips.

Burnt Mill Loop

The Burnt Mill Loop is a **moderate 4.3 mile** trail. Much of the trail follows the river and is well known for its variety of wildflowers.

John Muir Trail (Burnt Mill / Honey Creek Connector)

The Burnt Mill Loop and the Honey Creek Loop have a **4.3 mile connector** trail which is part of the John Muir Trail. Begin hiking the Burnt Mill Loop counter clockwise (downstream) and you will reach the beginning of the connector trail in 1.3 miles. At the intersection with the Honey Creek Loop, you can turn left and walk 500 feet to reach the trailhead parking area.

The Big South Fork General Management Plan includes *proposed* trails which would complete the John Muir Trail from Peter's Ford to Burnt Mill Loop and Honey Creek Loop to Devil's Den near the O & W Bridge.

From Oneida, TN take U.S. 27 south. Cross the bridge over New River. As you crest the hill, look on your right for the brown and white park service sign for Burnt Mill Bridge. While there are several turns, signs will direct you to the bridge. The trailhead is on the left. Continue 3 miles past the bridge to reach the Honey Creek Overlook Road.

Honey Creek Loop Trail

The Honey Creek Loop Trail contains some of the most rugged and beautiful terrain in Big South Fork National River and Recreation Area.

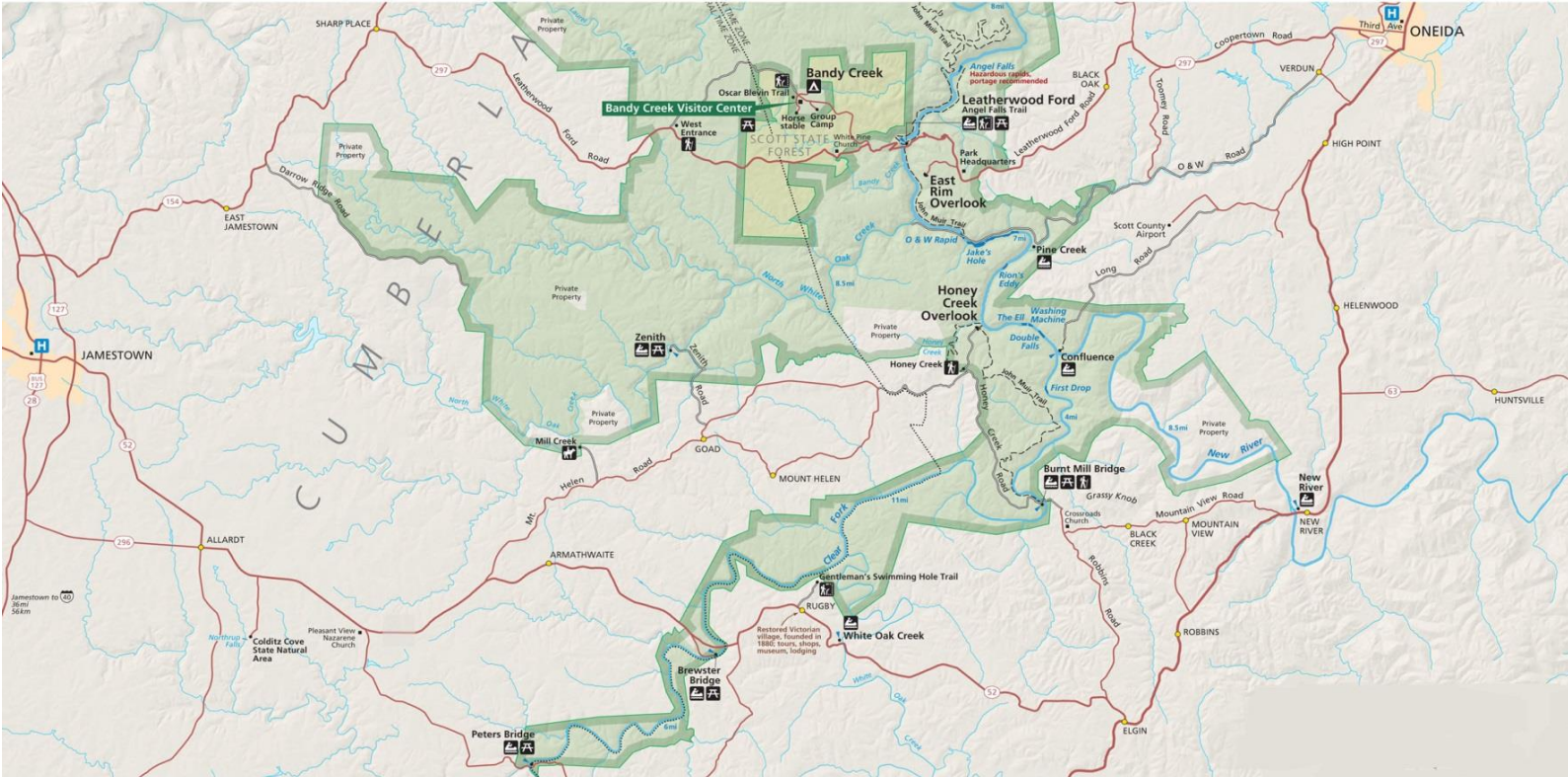
The entire loop trail system is only 5.6 miles in length, travel time is slow and the going is very difficult. Long steep stairs are located along the Honey Creek Loop Trail.

Honey Creek Loop Trail requires hikers to cross-creeks and at times to travel in the creek bed itself. Travel through boulder fields may require using your hands and knees to climb over and among boulders. Trail tread in these sections is often uneven, wet and slippery. Extreme care should be taken when hiking in these areas.

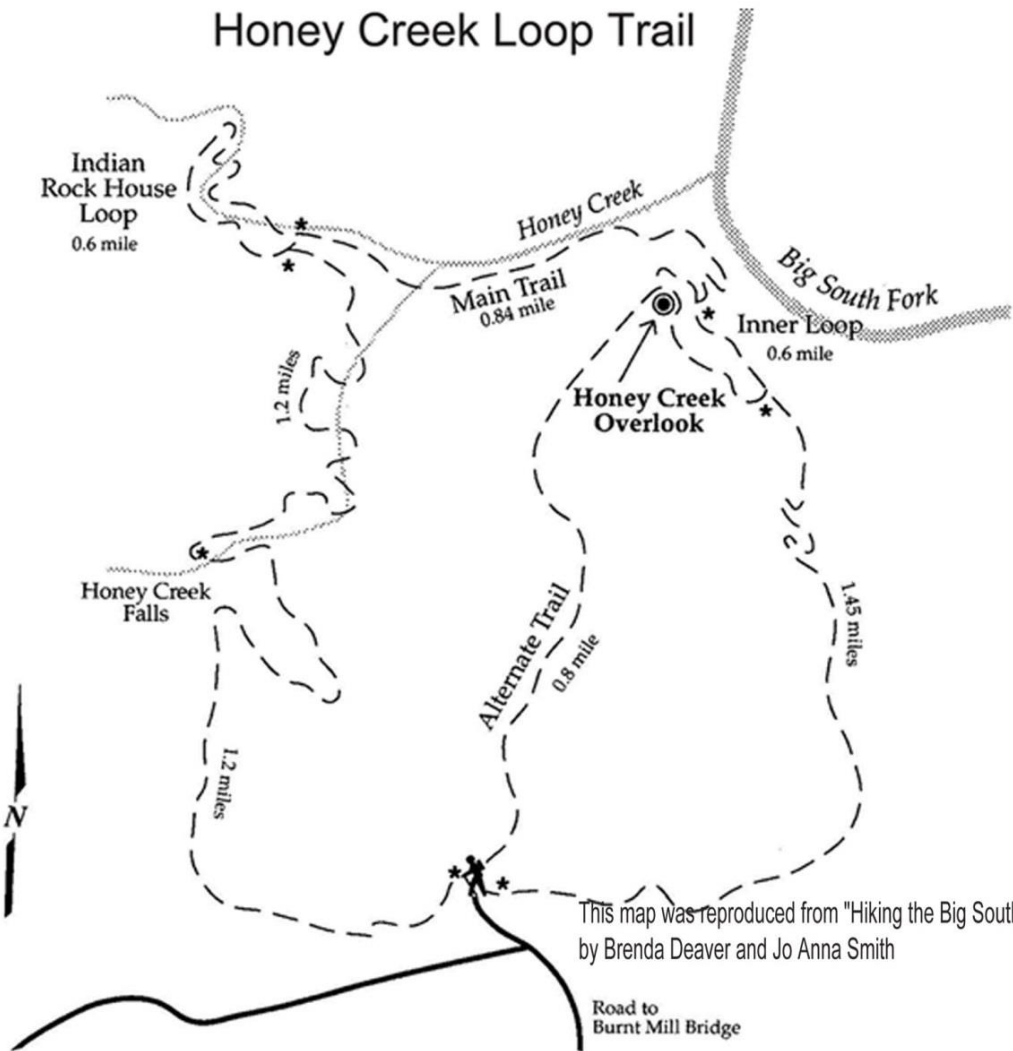
It is recommended that you do not take young children and pets on this trail. To be safe and enjoy the scenery, allow a minimum 1 hour hiking time per mile.

Honey Creek Overlook

The Honey Creek Overlook is a **0.2 mile paved ADA trail**.



Honey Creek Loop Trail



This map was reproduced from "Hiking the Big South Fork" by Brenda Deaver and Jo Anna Smith